

CHAPTER

2

Things to Remember

DIRECTIONS: In the blank to the left, write T if the statement is true and F if the statement is false.

- _____ 1. Stage fright is most evident right before we speak and during the first thirty seconds or so after we have actually opened our mouths.
- _____ 2. When we are suffering from stage fright, our heart rates may decrease to half the normal level.
- _____ 3. Since stage fright is a figment of our imaginations, it is not a serious speaking problem.
- _____ 4. Studies show that many fear the thought of giving a speech more than they do the thought of dying.
- _____ 5. Research shows that most people's stage fears occur because they suffer from real speaking problems.
- _____ 6. Your audience is unlikely to forgive a speaking error or problem.
- _____ 7. We should think of a speech as a performance.
- _____ 8. Many people make giving a speech more difficult than it really is.
- _____ 9. Honest intrapersonal communication is one cure for stage fright.
- _____ 10. Many people equate making one mistake with total failure.
- _____ 11. An error can lead to personal discovery.
- _____ 12. Confident people usually are born with confidence.
- _____ 13. A good speaker does not always rely on "the spontaneity of the moment."
- _____ 14. If you are suffering from stage fright, it is all right to read from your notes.
- _____ 15. Being likable is the "magic bullet" to speaking.

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- _____ 16. Fifty-five percent of what others think of you is determined before you ever open your mouth.
- _____ 17. Dress and grooming have little to do with the impression you make on others.
- _____ 18. A good way to practice a speech is to go over the material silently in a corner.
- _____ 19. Conviction has little to do with confidence.
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DIRECTIONS: Write the appropriate word or phrase in each blank below.

20. When fear reaches a certain level, it becomes what is known as a _____
or a persistent, _____ fear.
21. High school students are often unfairly _____.
22. A _____ can be a comforting "security net" in case you fear
losing your place in a speech.
23. The two greatest problems regarding notes for a speech are _____
and _____.
24. _____ means knowing how it feels to feel that way.
25. A good speaker needs to show enthusiasm _____ and
_____.